
UNIT: NUTRITION AND FOOD**TOPIC: Milk, Yogurt, & Cheese Group**
TIMELINE: 1 week

OBJECTIVES:

1. Identify foods and products found in the Milk, Yogurt, & Cheese Group.
2. Observe and prepare milk products using correct cooking procedures.
3. Identify the nutrients found in milk products.
4. Explain what the term osteoporosis prevention means and explain how students can apply these principles to prevent osteoporosis.
5. Complete comparison charts on nutrients and costs of milk products.

MOTIVATORS:

1. **TRIVIA QUESTIONS:** Use the trivia questions as best meets the needs of the class: daily motivators, bonus points, just for fun, etc. They are not meant to be used as an assignment of any kind. (see pages 5-6)
2. **MILK ON PARADE LECTURE**--Complete the demonstration and lecture while the students complete the worksheet, "Milk on Parade". (see pages 11-14 and 24)
3. **HOMEMADE ICE CREAM**--As a class, make homemade ice cream. (see pages 37-38)
4. **FROM CREAM TO BUTTER**--As a class, make butter. (see page 39)
5. **MEALS WITH MILK**--Divide the class into small groups and have them complete this assignment. (see page 40)
6. **COOKING WITH MILK**--Discuss with students the different methods of milk cookery. (see pages 19-21)
7. **NUTRIENTS FOUND IN MILK**--Discuss the nutrients found in milk. (see pages 15 and 16)
8. **OSTEOPOROSIS PREVENTION**--Present the information to the class. (see pages 17-18)
9. **CALCIUM LEVELS IN VARIOUS FOODS**--Complete the short activity that explains the calcium levels of foods other than dairy products. (see page 8)

MILK, YOGURT & CHEESE GROUP OVERVIEW, continued

10. **BASIC CREAM SAUCE**--Demonstrate how to make a basic cream sauce. (see page 9)
11. **COMPARING MILK PRODUCTS--COSTS AND NUTRIENTS**--Show the students the different dairy products and explain how to read the basic information concerning each product. Have students complete the worksheet "Comparing Costs and Nutrients". (see pages 10 and 31)
12. **TASTY CHEESE LECTURE**--Have students taste different kinds of cheeses and complete the evaluation, "Tasty Cheese Chart". (see pages 7 and 27)
13. **CHEESE COOKERY**--Share the information on cheese cookery with students. (see page 22)

INDIVIDUALIZED ACTIVITIES:

1. **ASSIGNMENT SHEET:** Give each student an assignment sheet and review any necessary information with them. (see page 23)
2. **SUMMARY SHEET:** Give each student a summary sheet to complete as the lesson on the dairy group is taught. (see page 4)
3. **COMPUTER PROGRAM--ANSWER INVASION**--Have students complete the computer program, as outlined. (see page 25)
4. **DAIRY CROSSWORD PUZZLE**--Have students read the chapter in their text that explains milk and cheese. They should complete the crossword puzzle as they read. (see page 26)
5. **DAIRY DISCOVERY**--Students will use the comparison cards to complete this assignment. (see page 28)
6. **MILK ON PARADE**--Have students complete the worksheet while you are explaining the various milk products to the class. (see page 24)

MILK, YOGURT & CHEESE GROUP OVERVIEW, continued

7. **SHOPPING FOR DAIRY PRODUCTS**--Provide students with the needed dairy products and information to complete this shopping comparison. (see page 29-30)
8. **SUPERMARKET SWEEP**--Provide students with the needed information and products to complete this worksheet. The teacher will correct this worksheet (see page 31)
9. **TASTY CHEESE CHART**--Have students complete the comparison chart after tasting the different types of cheese. (see page 27)

REVIEW AND TEST:

1. **DAIRY BINGO**--Give each student a bingo card (or have them make their own) and complete the dairy bingo game as a review for the test. (see pages 41-43)
2. **MILK, YOGURT & CHEESE GROUP TEST**--Have students complete the test. (see pages 32-36)

LABS:

1. **CHEESE FONDUE**
2. **CHEESY ENCHILADAS**
3. **CHERRY CHEESECAKE**
4. **CHOCOLATE MOUSSE**
5. **CHOCOLATE PUDDING**
6. **CREPES**
7. **MACARONI AND CHEESE**

CHALLENGE PROJECTS:

1. **HOMEMADE YOGURT**--Students will make yogurt at home. (see page 44)
2. **LEARNING ABOUT LOUIS PASTEUR**--Students will complete a report on Louis Pasteur. (see page 45)

MILK, YOGURT & CHEESE GROUP OVERVIEW, continued

SUMMARY:

Foods from the Milk, Yogurt, & Cheese Group are an important part of our lives.

RESOURCES:

Food Comparison Cards--Dairy Council of Utah, 1213 East 2100 South,
Salt Lake City, Utah 84106, 801-484-4337 or 487-9976